



POEM - self-completion - English (UK)

Please select one response for each of the seven questions about your eczema.

Please leave blank any questions you feel unable to answer.

1. Over the last week, on how many days has your skin been **itchy** because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

2. Over the last week, on how many nights has your **sleep** been disturbed because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

3. Over the last week, on how many days has your skin been **bleeding** because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

4. Over the last week, on how many days has your skin been **weeping or oozing** clear fluid because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

5. Over the last week, on how many days has your skin been **cracked** because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

6. Over the last week, on how many days has your skin been **flaking off** because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

7. Over the last week, on how many days has your skin felt **dry or rough** because of the eczema?

No days 1-2 days 3-4 days 5-6 days Every day

Total POEM Score (Maximum 28): _____



Instructions for use

How is the scoring done?

Each of the seven questions carries equal weight and is scored from 0 to 4 as follows:

No days	= 0
1-2 days	= 1
3-4 days	= 2
5-6 days	= 3
Every day	= 4

Note:

- If one question is left unanswered this is scored 0 and the scores are summed and expressed as usual out of a maximum of 28
- If two or more questions are left unanswered the questionnaire is not scored
- If two or more response options are selected, the response option with the highest score should be recorded

What does a poem score mean?

To help patients and clinicians to understand their POEM scores, the following bandings have been established (see references below):

0 to 2	= Clear or almost clear
3 to 7	= Mild eczema
8 to 16	= Moderate eczema
17 to 24	= Severe eczema
25 to 28	= Very severe eczema

Do I need permission to use the scale?

The POEM scale is protected by copyright. Commercial users must pay a per patient fee – details are available at

<https://licensing.micragateway.org/product/poem---patient-orientated-eczema-measure>

POEM remains freely available for non-commercial use (and can be downloaded from: www.nottingham.ac.uk/go/POEM) however we do ask that you register your use of POEM by completing the non-commercial use request form (available on the above webpage).

Key References

Charman CR, Venn AJ, Williams HC. The Patient-Oriented Eczema Measure: Development and Initial Validation of a New Tool for Measuring Atopic Eczema Severity From the Patients' Perspective. Arch Dermatol. 2004;140:1513-1519

Charman CR, Venn AJ, Ravenscroft JC, Williams HC. Translating Patient-Oriented Eczema Measure (POEM) scores into clinical practice by suggesting severity strata derived using anchor-based methods. Br J Dermatol. Dec 2013; 169(6): 1326–1332.